

MASTER Your Golf Brain

Unleash Your Swing. Transform Your Play. Own Your Confidence.

Hosted by Kathy Hart

Founder of Your Mental Caddy •
Former Tour Professional • Top 50
LPGA Teacher • Mental Game
Specialist • Author • Podcast Host

WORKSHOP FORMAT & FIT

- ✓ 3-hour live coaching event
- ✓ Ideal for 20–50 golfers
- ✓ Includes Mastering Your Golf Brain book + workbook
- ✓ Immediate tools to use on the course the next day

WHY CLUBS HOST THIS WORKSHOP

- **Unique member experience** — value they can feel
- **Boosts lesson demand** and coaching engagement
- **Works for all skill levels** — no swing changes required
- **Turnkey delivery** — promotional materials included
- **Elevates club reputation** through next-level instruction

INVESTMENT OPTIONS

Flexible investment models available – from complimentary member events to premium ticketed workshops.

About Kathy

Kathy combines elite competitive experience with 25+ years of coaching to help golfers stop sabotaging great swings and start playing from trust. She helps golfers play calm, certain, and confident — every shot, every round.



YourMentalCaddy.com

"Enjoyable, interactive, and eye-opening. Highly recommend."

– Dale G., Member Attendee

"Handicap down from 17 to under 14. Short-game yips gone. Golf is fun again."

– Shaun

INTERESTED IN BRINGING TO YOUR CLUB?

CONTACT & BOOKING:

📞 908-399-1671

✉️ Kathy@KathyHartWood.com



🔗 [Watch a 30-second preview of Kathy's Club and Private Workshops](#)

Sample Promotional
Flyer

MASTER Your Golf Brain

*Unleash Your Swing. Transform Your
Play. Own Your Confidence.*

A powerful workshop designed to help you play with more ease, clarity, and enjoyment — every round, every shot.

No swing changes required — just a better way to think.

WHAT YOU'LL LEARN

- Stay **calm, certain, and confident** under pressure
- **Bounce back fast** after mistakes
- Swing **freely**, even when people are watching
- Use a **simple mental formula** you can rely on

Clear mind. Better golf. More fun.

WHAT YOU'LL EXPERIENCE

- Interactive coaching that applies directly to YOUR game
- Time for questions — and real answers
- Tools you'll use immediately on the course
- A fun, engaging environment (zero judgment)

This is **not** a boring lecture.

You'll be **actively learning** how to think better so you can play better.

WHAT'S INCLUDED

- ✓ *Mastering Your Golf Brain* book + workbook
- ✓ 3 hours of high-impact coaching
- ✓ On-course results the very next round
- ✓ A calmer, more confident game

WHO IT'S FOR

Golfers of all levels who want to perform better — and feel better doing it.

"She broke it down into simple steps that remove mental obstacles to top performance. I walked away knowing exactly what to do."

— Caleb D.

"Won today — these tools WORK!"

— Sardi

Register Here:





WHAT GOLFERS ARE SAYING



WORKSHOP EXPERIENCE

"Kathy captivated 50 members — fun, engaging, and so valuable!"

— David H., Workshop Host

"Overwhelmingly positive response — the energy and buzz were palpable."

— Holly P., Event Organizer

"Intense, revealing, and fun — a real game changer in how we think."

— Amy J., Member Attendee

"Enjoyable, interactive, and eye-opening. Highly recommend."

— Dale G., Member Attendee

"I walked away knowing exactly what I need to do — now I just do the work."

— Fred S., Member Attendee

"The workshop was amazing — my mind felt calm and focused, and Kathy was entertaining and spunky. I'm already digging into the workbook."

— Lena M.

"Intense, revealing, and fun — I left with a whole new toolbox for the course."

— Evan T.

"Kathy's process made mental chatter and on-course anxiety finally make sense — practical steps I can actually use."

— Sofia R.

"She broke it down into simple steps that remove mental obstacles to top performance. I walked away knowing exactly what to do."

— Caleb D.

"Made 100 feet of putts — most fun I've had in a long time!"

— Adam S.

"Shot 73 — my best score! Physical and emotional balance for the first time."

— Maya L.

"Won today — these tools WORK!"

— Sardi

"Shot 83 — my best in 18 months. A whole new world on the course."

— Kathleen F.

"The confidence I found is showing up in my scores."

— Julie

"Stayed in balance, recovered fast, and turned a rough start into a great round."

— Mary Kay S.

"Used your tools and won the tournament."

— Jennifer H.

"Club championship winner — couldn't be happier."

— J'Neil B.

"Qualified after a playoff — best finish yet, then 70-66 (-8) to win the next event."

— Tiffani & Kyle (for their junior)

"Shot 73 to take 2nd at sectionals — state next week. Thank you!"

— Gavin

"Handicap down from 17 to under 14. Short-game yips gone. Golf is fun again."

— Shaun



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